Executive Proclamation
State of South Dakota
Office of the Governor

Whereas, May 2008 is the first National Exercise is Medicine™ Month; and,

Whereas, Citizens are encouraged to speak with their physicians about how physical activity and exercise may help treat or prevent numerous chronic conditions, such as hypertension, cardiac disease, and diabetes; and,

Whereas, Physicians and other health care providers are encouraged to talk to their patients about the health benefits of exercise and to strongly recommend that their patients engage in appropriate exercise; and,

Whereas, Regular, moderate-intensity exercise has curative and protective health benefits; and,

Whereas, The health benefits of physical activity and exercise can do so much to improve the quality of life for everyone; and,

Whereas, A healthier populace means cost savings, greater participation in the workforce and other benefits to society at large; and,

Whereas, Regular physical activity and exercise is indeed a powerful prescription, with great potential to improve the health of all Americans; and,

Now, Therefore, I, M. Michael Rounds, Governor of the state of South Dakota, do hereby proclaim May 2008 as

EXERCISE IS MEDICINE MONTH

in South Dakota.

In Witness Whereof, I have hereunto set my hand and caused to be affixed the Great Seal of the state of South Dakota, in Pierre, the Capital City, this Twenty-third Day of April in the Year of Our Lord, Two Thousand and Eight.

M. Michael Rounds, Governor

Attest:

Chris Nelson, Secretary of State